

Linoleic acid

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Linoleic acid (LA) is an unsaturated omega-6 fatty acid. It is a colorless liquid. In physiological literature, it is called 18:2(n-6). Chemically, linoleic acid is a carboxylic acid with an 18-carbon chain and two *cis* double bonds; the first double bond is located at the sixth carbon from the omega end.

The word *linoleic* comes from the Greek word *linon* (flax). *Oleic* means *of, relating to, or derived from oil* or *of or relating to oleic acid* since removing the omega-6 double bond produces oleic acid.

Contents

the skin, ie. anti-inflammatory, acne reduction, moisture retention properties.^{[4][5][6]} Noni seed oil is abundant in linoleic acid, and a number of beauty products contain noni seed oil.

Foods

Oils and foods that contain linoleic acid include safflower oil (78%), poppy seed oil (70%), walnut oil, grass fed cow milk, olive oil, palm oil, sunflower oil, soybean, lard, coconut oil, egg yolks (16%), spirulina, peanut oil, okra, rice bran oil, wheat germ oil, grape seed oil, macadamia oil, pistachio oil, sesame oil.

See also

- Alpha-linolenic acid
- Conjugated linoleic acid
- Essential fatty acids
- Essential fatty acid interactions
- Eicosanoids
- Essential nutrients
- Linolein

References

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